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**Offensive Transition Principles & Drills**  
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**Why We Run**

- ❖ Win the easy basket game
- ❖ Pressure on the opposition
  - Force them to be uncomfortable
  - Do not let them get organized
  - Put a thought in their mind
  - They have to prepare for it
- ❖ Aggressive offensive mindset = aggressive rebounding/defense
- ❖ "The War of Attrition"
  - Utilize our numbers/depth/skill sets
  - Win/lose a few battles throughout, win the war in the end
  - Wear them out
- ❖ Players make plays, not coaches
- ❖ It's fun

**Offensive Transition Principles**

- ❖ Secure Possession
  - Can't run until we have the basketball.
  
- ❖ Run!
  - Everyone has a job to do, but it starts with running.
  
- ❖ Fill Lanes (Spacing)
  - Lanes 1 & 3 (Guards/Wings)
    - Wings get baseline (bounce back corner/wing)
  - Lane 2 (Big)
    - First big down the floor "Rim Runs"
      - We want to be as close to the basket as possible.
    - We go straight to the rim to post/initiate post-up & play from there
      - Any baseline drive, rim runner must "lift"
      - Any middle drive, rim runner "relocates/finds gap"
      - Other big trails, fills a spot in slot/wing
  - Bigs- 4 & 5 are interchangeable
  - Guards- 1, 2 & 3 are interchangeable
    - In a live ball sequence, we want spots filled as quickly as we can
  
- ❖ "Bust Out Dribble"
  - Player who secures possession will use the dribble to advance it up the floor.
    - We call it a "Bust Out Dribble"
    - All five players on the floor we consider ball handlers.
    - We try to eliminate an outlet pass as much as possible in a live-ball situation.
    - Advance the ball as quickly as possible up the floor, not to the side.

- ❖ Attack Mode
  - We attack/advance with the ball two ways with the Bust Out Dribble:
    - Pass up the floor before half court (our outlet pass called “Pitch Ahead/Pitch It”)
    - Changing sides of floor with speed dribble
    - With Speed dribble we want to get down hill or drive & kick.
  
- ❖ Made Basket Sequence
  - Responsibilities of each player on the floor
    - 5-man: rim-run, dead sprint to front edge of rim
    - 4-man: take the ball out, trail the action, fill the vacant R/L slot spot
    - 3-man: run left, sprint, get wide, bounce off baseline
    - 2-man: run right, sprint, get wide, bounce off baseline
    - 1-man: receive the outlet on the run, push, look to pitch ahead or slice.
    - We want to hit the first open available guy up the floor
    - Ultimate goal: get a basket within six seconds
    - Theory: “Get it back.”
  
- ❖ “Read & React” (Actions)
  - Take what the defense gives us
  - Willing to take first available/open shots off actions
    - Advantage: defense not in position and/or to rebound
  - Drives: driver & 4 others moving with/without the ball
  
- ❖ Controlled Decisions
  - Aggressive, yet under control.
  - Quick decisions
    - **If a player is open we want to find them immediately**
  
- ❖ Unselfishness
  - Players need to be willing to play with this mindset
  - By running, filling a lane and moving without the ball, this may lead to a basket and you may never get a touch on the possession.

## **Norris Basketball Transition Offense: Our Go-To Drills**

### **Montverde (3 on 0, 4 on 0, 5 on 0)**

- ❖ 3 on 0 Sequence
  - Rim Run/Over the Top
- ❖ 4 on 0 Sequence
  - Pitch ahead to wing to post up
- ❖ 5 on 0 Sequence
  - "Swing"
  - "Vegas", "Vegas Extra" "Vegas Extra Drive"
  - "Trailer", "Trailer Extra" & "Trailer Extra Vegas"
  - "Slice" & "Slice Drive"

### **2 ½ Cycle (5 on 0)**

- ❖ MADE BASKET SEQUENCE WITH ALL FIVE POSSESSIONS
- ❖ Five possession sequence, possession must end on a made basket before you move to the next sequence
- ❖ Goal is to complete all five possessions between :29-:33
- ❖ Drill start with a coach making a layup, followed by:
  - 4 to 1 to 2 to 1 (layup)
  - 4 to 1 to 2 (three-point shot)
  - 4 to 1 to 3 (layup)
  - 4 to 1 to 5 OR 4 to 1 to 2 to 5 (rim-run layup/post up)
  - 4 to 1 to 2 to 4 (trailer three)

### **52/53-53/54 Transition (5 on 2, 5 on 3, 5 on 4)**

- ❖ Continuous drill, working on pushing tempo with numbers
- ❖ Start with 2 defenders on one end, 3 on the other
  - Can start with 3 on one end, 4 on another to mix it up
- ❖ 1:30 on the clock, :14 on the shot clock
  - Defense starts with a 12 point lead (15-3, 16-4, your choice)
  - Scoring for the drill
    - Offensive baskets are normal (2 points & 3 points)
    - Shooting Foul = 1 point
    - Offensive rebound = 1 point
    - Defensive rebound/stop = 1 point
    - Blocked shot = 1 point for defense
    - Turnover = 3 points for defense
    - You can use variations of the scoring as the season progresses

### **Circle Transition (5 on 5)**

- ❖ 2 Possession Sequence (down & back)
- ❖ Start with 8 (4 blue, 4 red) players in the paint in a circle (circle the wagons)
- ❖ Opposing player on each wing (1 blue on wing, 1 red on wing)
- ❖ Coach will stand below the circle of players with a ball
- ❖ As players jog in the circle, coach will call out a players name
- ❖ The player's name called out gets the ball and will push the ball ahead to the wing.
- ❖ From there, offensive team transitions down the floor
- ❖ Transition back after possession, make or miss